

ABSTRACT

The present invention provides compositions and methods that assist in providing weight control. Compositions comprise Caffeine, an adrenergic amine (e.g. synephrine, hordenine, octopamine, tyramine and N-methyltyramine,) forskolin, Guggulsterones, an alpha-2 receptor antagonist (e.g. Yohimbine) and a vinca alkaloid (e.g. vinpocetine.) Black pepper extract may be added as well in various alternative embodiments. Methods utilizing administration of nutrient compositions are disclosed as well.